

## **2<sup>nd</sup> Annual Climb Out of the Darkness Includes Rhode Island's John Chafee Nature Preserve Climb on June 21, 2014**

*Climb Out Is the World's Largest Event Raising Awareness of Postpartum Depression & Anxiety*

### **FOR IMMEDIATE RELEASE**

On June 21, women across the globe and right here in Rhode Island will be participating in the 2nd annual **Climb Out of the Darkness** to raise awareness of perinatal mood and anxiety disorders like postpartum depression (PPD), anxiety, OCD and psychosis. Postpartum depression, which affects 1 in every 7 women, is the most common complication of childbirth.

On June 21st, the longest day of the year in the Northern Hemisphere, PPD survivors all over the world are organizing to climb or hike a local mountain or park to symbolize their collective rise out of the darkness and stigma of maternal mental illness as well as to raise funds to support Postpartum Progress, a non-profit organization in the U.S. founded to help support moms around the world.

Climb Out of the Darkness is now the world's largest event raising awareness of maternal mental illness. As of today, there are more than 100 different Climbs that will take place throughout the US, Canada, England, Switzerland, Australia and New Zealand, including a local Climb at the John Chafee Nature Preserve (Rome Point) on June 21, 2014 at 4:00pm. Moms and others are all welcome to join the local Climb by registering here: <http://www.crowdrise.com/courtenaypetracca-cotd2014/fundraiser/courtenaypetracca> Registration is free.

Postpartum Progress (<http://postpartumprogress.org>) is a non-profit organization and online community of support resources for women experiencing postpartum depression and all other mental illnesses related to pregnancy and childbirth. Today, half a million women annually are accessing up-to-date information in plain language about perinatal mood and anxiety disorders on the *Postpartum Progress* blog (<http://postpartumprogress.com>) and, more importantly, are able to hear from other moms who have recovered. The funds raised from this event will allow Postpartum Progress to create new educational materials to be used by obstetricians, pediatricians and others, as well as new materials to help educate the media on the public health impact of postpartum depression and related illnesses on mothers and children.

For questions about Climb Out of the Darkness, visit <http://postpartumprogress.org/climb-out-of-the-darkness/cotd-faq/> or email local Climb leader Courtenay Petracca at [CXS918@gmail.com](mailto:CXS918@gmail.com).

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